

"The Inner Zoo" Toolkit: The Quick Guide [YOUR INNER ZOO]

CORE IDEA: You're not the zookeeper managing wild animals. You're the **MARSH**—the space holding them all.

ANIMAL CHEAT SHEET

Animal	Its Job	When it's Useful	When It's Problematic
Spider	Anticipation, detail	Careful planning	Anxiety, overthinking
Hawk	Clarity, action	Real danger	Constant criticism
Wolverine	Boundaries, integrity	Saying "no"	Anger, defensiveness
Elephant	Memory, compassion	Honoring loss	Stuck in past
Otter	Joy, play	Renewal, creativity	Avoidance
Wolf	Connection, loyalty	Relationships	Losing yourself
Peacock	Social self	Healthy pride	Exhausting performance
Swarm	Multi-tasking	(Briefly) handling lots	Overwhelm, panic
Scorpion	Self-protection	(Signal of) deep pain	Poisoning everything
Owl	Intuition, wisdom	Seeing truth	Detachment

3-STEP ANIMAL MEETING PROTOCOL

1. **NAME IT:** "This is the Spider" (anxiety) / "This is the Wolverine" (anger).
2. **THANK IT:** "Thank you for trying to protect me."
3. **BE THE MARSH:** Take one deep breath. Feel your feet. You are the space *holding* this weather.

DAILY PRACTICE

- **Morning:** Scan—which animals are active?
- **When Stressed:** Name → Thank → Breathe.
- **Evening:** What animals needed attention today?

[Footer] From the book **Your Inner Zoo** by Sawyer Kent. Take the full quiz at [\[https://www.google.com/search?q=YourWebsite.com\]](https://www.google.com/search?q=YourWebsite.com)